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the Wharf

FREE
AUGUST 14, 2014

And all that jazz!

Ciyo talks about the marvels of Motown + Canary Wharf Jazz Festival highlights P11

GET OUT! DOORS

YOUR ESSENTIAL LISTS FROM P4

Inside

WIN a NEXUS 7 TABLET

Competition • Page 7

Football's back, and we have all the reaction P54

Plus

Q. What's daredevil model Amy been up to?
A. The O2

P3

PLUS Virgin pushes east with high speed broadband + 125 years since Great Dock Strike

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Agenda

WEATHER

23C	TODAY	Rain
22C	FRIDAY	Partly cloudy
22C	SATURDAY	Cloudy
21C	SUNDAY	Mostly sunny
21C	MONDAY	Showers

TRAVEL

TUBE & DLR
DLR is fine. Jubilee line has no service between Finchley Road and Waterloo on Sunday. Overground has no service from Highbury & Islington to Clapham Junction via Surrey Quays.

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CONTACT US

The Wharf
Trinity Mirror
22nd Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

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ESTABLISHED 1998

Chances of all-day sobriety are slim

BLONDE'S EYE VIEW

ANGELA **CLARKE**

Summer is almost over and all we have to look forward to is being broke from exuberant Pimm's sessions, and horizontal rain.

And Christmas. Urgh. Time is slipping through my fingers like a bottle of Pouilly Fuisse fresh from the ice bucket. As 2015 looms ever closer we must focus on positives: five Tube lines will be run for 24 hours over weekends next year.

How fun it will be for jetlagged tourists, fresh from Gatwick, to travel alongside five-a-side corporate football teams jeering and eating kebabs. But there's more! The Canary Wharf estate is investigating whether bars and shops should stay open 24 hours.

(I included shops for impartiality. I don't give a four pack of figs if I can do my supermarket sweep at night, but the promise of a crisp dry white at 4am is beguiling.)

The Wharf asked local businesses if they would be opening 24 hours and I heard the groans from my office. Establishments declined to comment, and several, sounding like mumbling teenagers being quizzed about future life plans, confessed they hadn't really thought about it.

The most shocking response came from Wetherspoon's, West India Quay: "We don't feel there's a market for 24-hour drinking."

Really, mate? Because I wasted at least a third of the last decade looking for somewhere that was still open after 1am. Demand's so high there's an app you can use to locate nearby bars that are still serving.

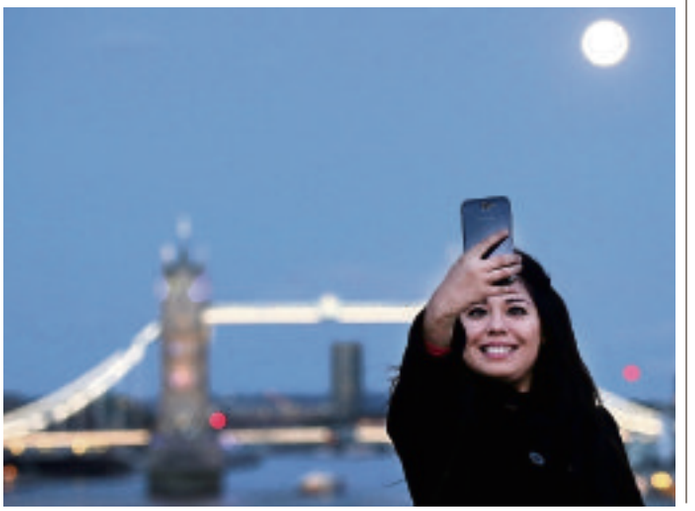
Of course we want a 24-hour bar in Canary Wharf: we've been leaving the office lights on all night for years as a hint.

Embrace the 24 heaven life: Wharfers, we need never sleep nor be sober again.

Follow Angela on Twitter: @TheAngelaClarke

London Eye

IMAGES: REUTERS



Above, A woman looks towards dark clouds over the Houses of Parliament on Monday. Right, A woman takes a selfie as the supermoon rises over Tower Bridge on Sunday. The astronomical event occurs when the moon is closest to the Earth in its orbit, making it appear much larger and brighter than usual.
Go to pictures.reuters.com

45 Food We go on a bar crawl to stay in the sunshine

46 Health Lie down, take it easy or do some exercises

47 Fashion Feel at home in Shoreditch or a festival field

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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CELEB OF THE WEEK

GETTY

Model and former Jungle survivor Amy Willerton becomes the first celebrity to climb the pylon of The O2 arena as she launches the DVD of action and adventure film *Divergent* on Monday. Daredevils / Page 7

NEWS IN BRIEF
Around Docklands

More shops likely in Wharf station

CANARY WHARF An expansion in retail at the Wharf's underground station began last week.

The shops are expected to be placed at the site of the men's toilets which will close, along with the ladies', until October for refurbishment.

Works are expected to be complete by April 2015, with the introduction of a business lounge to follow later in the year.

The plans are part of TfL's wider mission to transform stations along its network, making them a more meaningful part of the communities and districts they serve.

Extreme obstacle course – in water

DOCKLANDS Adventurers will run, swim, jump, kayak and climb around the Royal Docks at The London River Rat Race this Saturday.

The 10k course begins at the Excel centre and will feature a series of extreme obstacles and tough challenges around Royal Victoria Dock as part of London's first aquatic assault course.

Go to ratrace.com for more details.

100,000 in reach of Virgin's new cables

TECH

Mayor hails firm's largest expansion

Rob.Virtue
@wharf.co.uk

Virgin Media engineers install fibre optic cable

THE Isle of Dogs, Bethnal Green and Newham are to receive "significant expansion" in broadband capabilities following the announcement of a roll-out by Virgin Media.

The group has revealed the largest ever expansion of its fibre optic network, which will see 100,000 homes in east London benefit.

Poplar, Stratford, Stepney, Bow and East Ham will follow in the installation of the 152Mb broadband technology.

Virgin Media CEO Tom Mockridge said: "This is a significant investment and our largest, single network expansion project to date.

"We are very proud to be supercharging east London, helping thousands of people make the most of the UK's exciting digital future."

Mayor of London Boris Johnson said: "London is earning a reputation for being the tech capital of Europe and that is why we need to ensure every Londoner is able to access superfast broadband services.

"It has become a utility that every Londoner expects and this latest expansion is a further welcome step towards making that aim a reality.

"Improving the connectivity of this great city will be a key part of the Infrastructure Plan for London that my team will be consulting on over the remainder of this summer."

Culture Secretary Sajid Javid said: "The UK's digital landscape is undergoing a massive transformation.

"We already have one of the most competitive superfast broadband markets in Europe, and Virgin Media's will now benefit from increased choice and access to faster speeds is tremendous news."

Chancellor at Level39 for Fintech milestone / Page 50

More news on our Community page / P41

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Focus

SUMMER LOVIN'

We grab a beer, an ice cream and a life preserver and head out in search of sun and fresh air

GO TO THE PARK

The Olympic Park is open for business – and pleasure

1 Active August with Active People
Until August 24
As part of the Olympic Park's Active August programme there are plenty of sports on offer, including Nordic walking, street cricket, yoga or a family fit session.

2 Coca-Cola Multi-Sport Festival
August 15
Thousands of youngsters are invited to try out more than 25 taster sports sessions, where they may get the chance to meet a few celebrities who will be joining the event at the Copper Box Arena.

3 Picnic in the Park
August 16
This community picnic is aimed at residents and community groups, with plenty of activities throughout the day including arts and crafts, treasure hunts, cookery demonstrations as well as shows featuring puppets and magic.

4 East London Radio's Bank Holiday Party Starter
August 22
East London Radio will be live broadcasting from the ArcelorMittal Orbit's summit, with something for everyone – from soul to disco to hip hop, jungle, grime and even the odd classical track.

5 National Paralympic Day
August 30
After ParalympicsGB medallists compete in an international competition at the London Aquatics Centre there will be plenty of free activities to enjoy, including the chance to try out different disability and inclusive sports. The Mayor of London's Liberty Festival will also be showcasing the best deaf and disabled artists in a line-up of street theatre, dance, installations and children's activities. *Go to queenelizabetholympicpark.co.uk.*

Nature back to reclaim banks and waterways

Trundling along a tranquil waterway with coots and cormorants as companions, this could be anywhere in Britain's rich countryside.

But this is the heart of industrial east London. The canal in the Olympic Park is being used for tours for the first time since a planned water taxi service collapsed in 2012.

The Games legacy has meant this water course is regenerated and encouraging wildlife.

GO ON A BOAT

Josephine Roberts conducts the trips. At their launch last week she said: "I remember when you couldn't get around here. There were old factories and everyone threw their rubbish in the water. But it's now all been cleared and there is lots of wildlife."

It's easy to spot a kingfisher, a heron or swans on a tour.

The trips, run by Lee and Stort Boats, take passengers for a waterside view of the famous arenas, including the Aquatics Centre and the Olympic Stadium with Josephine offering background nuggets – including the facts that there are 19,000l of paint covering the Orbit and 32,000 bolts to keep it together.

The trips are due to run until the end of August but more are likely in the future.

Mark Sillitoe, managing director at Lee and Stort Boats, said: "It's a visitor attraction to experience the rejuvenated waters of the Queen Elizabeth Olympic Park and see the diversity of the river.

GO TAKE A DIP

The RNLI's six top tips to stay safe on the water

1 Dress appropriately for your activity. If you're swimming wear the right attire like goggles and a swimming cap and if you're kayaking or boating wear a life jacket.

2 Check the weather forecast and tides before using the water. Currents are often stronger than you imagine.

3 Make sure your equipment is up to scratch. Check boating type equipment is well-maintained and that you have enough fuel.

4 Get appropriate training or advice about water safety. Guy Addington, RNLI coastal incident reduction manager for London says: "Open water swimming is not something to be taken lightly. If you're going to take up any activity, at every stage it's worth having an understanding of how to go about it."

5 Always carry something to call for help or make sure you can be easily seen.

GO TAKE A SEAT

Canary Wharf's art benches

Do you know where they are?

Read on »

Follow the sun in the Wharf's drinking hotspots
Food / Page 45

Fitness in the fresh air
Health / Page 46

Retro festival fashion
Fashion / Page 47

BEN BROOMFIELD

"At one end we've got regeneration and at the other we have wildlife – there's a real cross-section.

"We give tourists and locals an idea of what's happening and what will be happening in the Park.

"The Canal and River Trust take over the water from the London Legacy Development Corporation at the end of the year. Work is being looked at to reopen locks to allow trips to wider areas of the park in the future.

"We will see a lot more activity on this water," said Mark.

Trips take 45 minutes each and cost £8 for adults and £4 for children. Tickets can be bought from the pontoon near the Aquatics Centre.

Rob Virtue

For more information go to Queen ElizabethOlympicPark.co.uk.

GO FIND A GEM

Results of a survey asking bloggers to reveal their hidden gems

1 The Greenway: A footpath and cycleway on the embankment of the river containing the Northern Outfall Sewer. Mostly in Newham and touching the Royal Docks.

2 Lee Valley Regional Park: A linear green space with a number of major reservoirs and rivers and canals.

3 Royal Victoria Dock: The largest of three docks in the Royal Docks in the east of London, with artificial beach, cable car and kneeboarding.

4 Postman's Park: An oasis in the city, the park contains memorials to ordinary people who died while saving the lives of others.

5 Royal Observatory: High on Greenwich Hill, with views that were the toast of the 2012 Olympics.

Last chance saloon sits on Wharf's sunny plaza

When it comes to Wood Wharf the adage "you don't know what you've got till it's gone" is likely to be true.

The beautiful waterside sunspot is the perfect place to relax in Canary Wharf but it's your last chance to enjoy it in its current form.

Next summer it will be closed to the public as construction begins on a huge mixed development.

This summer has seen a rich assortment of events on the open space – beach volleyball, a Tour de France Fan Park, steamy five-a-side football, a food market and a bar, made out of a shipping container.

CNTNR moved in at the beginning of July. It's name – container without the vowels – comes from the venue.

Owner and event organiser Ross Blake said: "It takes a long time to set up a bar but this way we just fit out the bar and then we can rent it out. It's a much more efficient way of working."

It's been a frantic few weeks for the bar so far as it makes a name for itself.

Barman Andrew Huggins said: "The first few weeks have been great although it's all very weather dependent.

People are coming over here for events and finding out about the place. Apart from that it's mostly word of mouth."

A tie-up with the Wharf fashion store sees it renamed Orlebar Brown Beach Bar for the next couple of months. Drinks are cocktails, with a range of specially-made OB classics, alongside Meantime beers, with lager and pale ale on tap.

Ross said the link with the brewery was key.

"It's important to support the businesses around you," he said.

Rob Virtue

JAMES PERRIN

Barman Andrew Huggins at the Orlebar Brown bar

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Feature

Docks fall silent except for cries of union anger

HERITAGE

125th anniversary of major milestone in labour movement

Rob.Virtue
@wharf.co.uk

It was a summer that saw the working man fight back. And it happened here, 125 years ago this week.

At the south side of West India Docks, workers unloaded cargo from the Lady Armstrong assured that their labour would be rewarded with a bonus.

But there was no bonus and on the following Monday, the dockers voiced their frustration and fury at the dock gates.

Dockers' Union leader Tom McCarthy, standing on a chair borrowed from a nearby coffee shop, urged the men not to work, and many disgruntled and impoverished workers listened.

Georgina Young, of the Museum of London Docklands, said: "The numbers increased and as time went on it gained momentum from the initial flare-up and more were persuaded to join.

"It spread throughout the docks and even into other industries. It began because of the 'plus rates' – an additional payment for certain goods or work. They felt they should have the bonus that wasn't given. It wasn't the first time this had happened.

"Normally the dockers just had to suck it up as the power was with the dock companies. Some dockers had preferential treatment but most were casual workers and felt if they kicked up a fuss that might affect future work."

But there began a sense of solidarity among workers who were often rivals all desperate to be called up for work.

High status stevedores joined them and the docks were paralysed. Some 100,000 men refused to work.

It was 1889. The year before the East End match girls of Bryant & May had struck a blow against poor conditions and wages with a strike, emboldening the working classes.

The dock workers demanded a wage of 6d, "the docker's tanner", and an overtime rate of 2d an hour instead of 1d and other changes to their hours and conditions.

The strike would go on for an arduous two months before intervention from clergyman Cardinal Manning who brought the dockworkers and dock managers together.

"Cardinal Manning was influential, respectable and distinct from the union leaders," said Georgina.

"He was a man of conscience, who saw suffering. A lot of well-off people were concerned about conditions in east London and knew the poverty people were suffering."

The strike was a major milestone for the organised labour movement and made the careers of union activist Will Crooks – who gave his name to a Poplar estate – and Ben Tillett, who was seen by many as a leader of the strike movement. They would go on to be early members of the Labour Party.

It also brought great political thinkers such as Friedrich Engels to focus on the plight of the poor, with Engels predicting a socialist uprising.

But did it change the lives of the workers?

"It was a compromise," said Georgina. "No-one really won and no-one really lost. The workers achieved a good deal and got the 'dockers' tanner'. A lot of companies weren't happy about that.

"They also got a minimum of four hours' work when they were selected as often they could find themselves out on the street an hour later.

"It didn't mean an end to poverty but it was a step up from before. But the dock companies still kept the wealth and the power."

Go to museumoflondon.org.uk/docklands

MUSEUM OF LONDON DOCKLANDS

East India Dock Road taken during the 1889 Dock Strike. The model ship was carried on the protest marches

Ben Tillett, above right, launched his political career after the strike

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MISCO A Systemax Business

Last orders, then pair take leap into unknown

PEOPLE

Rob.Virtue
@wharf.co.uk

STUNNED drinkers and staff at a bar near Canary Wharf watched horrified as two base jumpers launched themselves off the balcony 48 floors up.

The incident happened at the Attic Bar in Pan Peninsula last month but the video was released online this week.

The two unknown men sat in the bar for a number of hours waiting for the wind speed to go down. At last orders they changed in the toilets before strolling across the bar and on to the balcony.

They then leapt off while screams of "please come down" can be heard in the background.

The duo land safely in the street below. While driving away later they were caught by police but no action was taken.

The base jumpers, who are remaining anonymous, said: "On the night itself, we were there for a few hours just chatting.

"The wind speed was a bit too high so we were just waiting for it to pass. When last orders was called, we checked the wind speed again and luckily it was safe so that was our moment to jump.

"It was an incredibly ballsy way to do it. The bar staff just didn't spot us.

"Now, I just have a huge sense of accomplishment having succeeded in jumping off such an iconic building in London."

The footage will be used on adventure web channel EpicTV.

See the video at wharf.co.uk.

In a shaky still from their video, one of the base jumpers leaps off the balcony

Record passengers at airport

TRANSPORT

JULY saw the highest number of passengers pass through City Airport in its 27-year history.

Figures were up 4% on July 2013, which was the previous high. The hike comes on the back of increased flights from British Airways to places such as Ibiza, as well as new services to Dusseldorf and Granada.

The total number of people going through the airport last month was 341,866.

Matthew Hall, chief commercial officer at the airport, said: "Over the last three years we have seen sustained growth at LCY.

"This is a reflection of the economic recovery, with more people travelling for business and leisure.

"As people regain their confidence to travel, they are looking for higher standards and quality of experience and that is illustrated by the fact more people are choosing LCY."

London City is currently seeking permission to upgrade the terminal and reconfigure the aircraft stands.

It aims to carry six million passengers a year by 2023.

Business / Page 50

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What's On / Page 11-12

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Notebook

Art is not an obstacle course for kids, it's a playground

I was amused at the furore caused by British artist Jake Chapman who said that taking children to art galleries was a "total waste of time".

He described as "arrogant" the parents who take their children to art galleries and expect them to understand artists and their works.

This has ruffled many a fine feather; Dragon Mums and Competitive Dads aghast that someone dare suggest that the Mini Mes who stand alongside them at the exhibition du jour are merely gawping, not grasping.

Since Master A was born, I have taken him to art galleries, museums and several sculpture parks, wanting him to experience "art", to marvel at the mastery, be inspired by the genius.

A little piece of me also fantasises that during one of these visits the spirit of one of the great masters, in a *Rent-A-Ghost* moment, will latch on to Master A and imbue him with their talent. (And I wonder why I'm a single mum).

So the plan is for Master A to develop a passion and understanding of art as well as a curiosity about the world as a result of our regular Culture Days. I mention to Master A that we're off to Tate Modern on Saturday "to catch Kazimir Malevich's first retrospective in 30 years". He lets out a "cool".

Chapman may know about art – he and his brother Dinos were after all nominated for the Turner Prize in 2003 – but not, it would appear, about a child's developmental process.

I never doubted Master A would not benefit from our regular gallery jaunts; his horizons broadened; his curiosity pricked.

At Tate Modern, I sit on the wide side steps and watch as Master A scoots down the 85m long ramp that leads down to the Turbine Hall and level one. It has a gradient of 1 in 12 – and is a six-year-old scooter fiend's Nirvana.

We didn't make the Malevich retrospective but Master A did manage an impressive "nose manual" and "pogo" (scooter tricks both) while we were there. *Working mum, having to beg to differ with Jake Chapman that taking children to art galleries is a "waste of time" – there's some serious "art" to be mastered.*

WORKING MUM

TABITHA RONSON

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GETTY

UEL's silver sprinter student Adam Gemili and gold medallist Usain Bolt of Jamaica

★ **A footnote to the recent Commonwealth Games which saw University of East London provide six medals.**

The rightly proud UEL points out its haul "was more than several countries including Uganda (5), Pakistan (4), Mozambique (2) Ghana (2) Bangladesh (1) and Sri Lanka (1)".

Charlie Whisky

People, places, things

A reality TV series will be Made In Greenwich

★ Greenwich will be getting its own reality TV series in September.

The Greenwich Show will document the history, lives and businesses of the borough.

TV presenter and Greenwich B&B owner Robert Gray will be the face and voice of the hyper-local series. He said: "To think that this started two years ago from my kitchen table when I began to make short films about Greenwich, and now we're broadcasting to a national and international audience – it's incredible.

"I'm presenting it, but it's all about the people who live and work here – it's their chance to to talk about their borough."

Editorial director Ian Ramsdale said: "We're inviting our borough's filmmakers, presenters and producers, aspiring or experienced, to see their work broadcast."

The first episode will air on Sky 212 and Freesat 401 on September 1 at 9.30pm and will appear at the same time every first Monday of the month.

Go to thegreenwichshow.co.uk.

THE GREENWICH SHOW

HIGH JINX

★ **Remember how they banned inappropriate footwear from bouncy castles in case of a bursting incident?**

Presumably someone gave a similar warning to model Amy Willerton when she arrived to clamber over The O2, as we report on Page 3.

SPIRAL NOTEBOOK

By Giles Broadbent

The cat is not just a meme, it's a killer

The hutia of the Caribbean; the Guadaloupe storm petrel; the Stephens Island wren – you can't see any of these creatures in the wild.

They are extinct, victims of an imported predator that has created unparalleled damage to indigenous populations – the cat.

Island creatures are particularly prone. Without cause to evolve defences, they are vulnerable to a cat invasion. (Cats were often introduced to keep down voracious alien rat populations, ironically.)

The kakapo is to be found on the islands around New Zealand. Well, 126 individuals are recorded of this large, flightless, nocturnal parrot whose sophisticated defence against the imported cats is to stay very, very still. Plans to restore the species centre on removing their clawed nemesis.

> "Island creatures are particularly vulnerable to cats

But the cat does not just impoverish exotic lands. A new report suggests the animal is one of the top threats to US wildlife killing up to 20billion mammals annually.

Cats so beloved of internet memes – falling off tables, misjudging jumps and sticking cups on their head – have contributed to the extinction of 33 species, according to *Nature Communications*.

This week Dr Clive Mowforth of Gloucester posted leaflets containing images of his neighbours' cats in the act of killing his avian visitors. He has now taken down his bird table having become fed up waking up to a breakfast time bloodbath.

The cat is not Norman Wisdom, it's Norman Schwarzkopf.

Follow Giles Broadbent on Twitter @MediaGulch

FRIDAY 31ST OCTOBER

the Wharf

Halloween Ball for Tommy's

Sponsored by Madison Brook

MADISON BROOK

To be held at the

Radisson BLU EDWARDIAN NEW PROVIDENCE WHARF

Tickets are **JUST £15.00** if you are dressed up **£20.00** if you are not with all proceeds going to Tommy's

*All money raised will go to Tommy's

For more information about the event or to book tickets please contact

Daisy Lewis 0207 293 2272 or email daisy.lewis@trinitymirror.com

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What's On

7 days ahead

Highlights of the week

NATIONAL MARITIME MUSEUM

ART

The Art Of Science And Exploration 1768-80
National Maritime Museum

★ *The Kongouro from New Holland* (1772) by George Stubbs, pictured, is one of the highlights of an exhibition focussing on the art of discovery at Queen's House.

The prints and drawings by artists on Captain Cook's 18th century voyages of discovery influenced forever how the European public saw the Pacific.

Queen's House, FREE, rmg.co.uk.

GIG

The Wailers
Brooklyn Bowl

★ There is no more legendary band in Jamaican music history than The Wailers.

Formed in 1969, the group has created an extraordinary body of influential work which reached its peak alongside the legendary reggae singer and activist Bob Marley.

They will perform their album *Legend* on its 30th anniversary.

Aug 14, £18, theo2.co.uk.

EXHIBITION

Captain America
Forge & Co

★ Marvel is launching an exclusive London exhibition to celebrate the DVD/Bluray release of *Captain America: The Winter Soldier*, starring Chris Evans, pictured.

A host of work created by artists inspired by Marvel will be on show, alongside other items revealed in the UK for the first time.

Aug 15-18, Forge & Co E1, noon until 6pm, marvel.com.

There something about playing to people outside

JAZZ

Rob.Virtue
@wharf.co.uk

Over the next three days scores of top musicians will take to the stage at Canada Square Park to offer Wharfers myriad sounds.

Established and rising stars will be performing at the Canary Wharf Jazz Festival. And in the former camp is guitarist Ciyo Brown, who is headlining the show on Saturday, and he says it's a must-see weekend for music fans.

"It's a brilliant festival," said Ciyo, a previous performer at the event. "I'm a big fan of playing outdoor gigs. There's something about the atmosphere when in nice weather people can really get involved with the music better than they can while inside."

Ciyo will be performing The Motown Sound with a strong backing band. He said to listen out for some big hits from yesteryear.

"People can expect a really heartfelt performance," he said. "We've a big 10-piece band with three fantastic vocalists. We first performed together at Stratford Circus in February. It went brilliantly.

"The problem with Motown though, is what to leave out. There are so many classics. We'll be doing a mixture of 1960s and '70s with songs from the likes of Marvin Gaye, Supremes and Smokey Robinson."

Ciyo is an amazing guitar talent who has collaborated with a huge list of top stars from the likes of Ruby Turner and YolanDa Brown to Annie Lennox and Suggs.

But, despite such musical success, he's still keen to remain part-time after words of advice from his father, another guitar player, that led him to develop a long and successful career in law.

Ciyo said: "When I was about 10 my father said 'never commit to doing music full-time. Never give it up and always have it there to fall back on'. So I always continued as a legal adviser.

"But I've worked with a big range of artists and that's always helped me develop. When I look back at my CV I don't think I've done bad for a part-time musician."

Aug 16, Ciyo Brown's The Motown Sound, Canada Square Park, FREE 6.45pm, canarywharf.com.

What can the Canary Wharf crowd expect?

"We'll be doing a mixture of 1960s and '70s with songs from the likes of Marvin Gaye, Supremes and Smokey Robinson."

Ciyo Brown

3 of a kind

Jazz festival highlights

1 Andy Sheppard
Multi-award winning saxophonist who has worked with the best. Has also released 16 albums.
Sunday 6.45-8.15pm

2 Zara McFarlane
East London-based singer-songwriter who has "graduated from skilful diffidence to magnetic eloquence," according to The Guardian.
Saturday, 3.15-4.30pm

3 Yiddish Twist Orchestra
A quirky band aiming to revive the lost music of London in the '50s. Recently described as "entertaining, varied, classy".
Sunday, 5-6.15pm

FURTHER AFIELD

★ The revealing of the Olympic Cauldron, opening like a flower, was one of the most jaw-dropping moments of the 2012 Games. Now Heatherwick Studio's creation is on permanent display at the Museum of London, EC2. A new gallery has been created to house the icon and tells the story of how it came together.

Go to museumoflondon.org.uk.

THE LATEST SCREEN RELEASES / PAGE 12

What's On

GOING MOBILE

MUSIC

Pixie Lott
Pixie Lott
★★★★☆

From the moment the groove of opening track *Nasty* kick-starts the album, Pixie Lott has nailed it.

Confidence, hooks and flavour ooze from the songs on her self-titled third record as a conglomeration of funk, Motown and pop attack the senses.

***Break Up Song* strips things back with purity and soul, while *Kill A Man* keeps the tempo moving with good beats, wicked bass lines and multiple vocals.**

The colour and voice that protrudes makes this worthy of attention, and an excellent addition to the 23-year-old Kent singer's catalogue.

This release is a mess of fun, style, and is often the sound of summer, boasting good songwriting and flair.

It's as if somebody loaded Tinkerbell into a cannon and fired her straight at the sun. Great fun.
BM

It's not over for the Rover

Pearce and Pattinson make a beguiling modern Western

SCREEN
The Rover
(15) 108mins

Guy Pearce is mad, bored and has nothing to lose. Well, he has one thing to lose and that's his car (not the Rover of the title, sadly). When the dusty Aussie emerges from a roadside bar and sees criminals making off with his wheels, he finds a purpose that makes him less bored but more mad.

It is his intention to reclaim his car and, nihilist that he is, he is not afraid to spill blood or stare for long periods into the middle distance to get it back.

But this is 10 years after the Collapse. The Outback is dotted with wandering hucksters who are scavenging a lawless world with a gun and a grimace.

Direction comes in the form of mumbling halfwit Rey (Robert Pattinson) whose brother (Scoot McNairy) was one of the car-nabbing crims. Rey was left for dead by his bro back at a bungled heist but bears no grudges. Eric (Pearce) – who dusts him down and patches him up – manages to sell the wounded gunslinger his own creed – nothing and no-one is reliable, there is no God and the world is bleak and empty.

If Rey was in want of evidence, he need only look out the window where bleak, emptiness and godlessness abound. Writer-director David Michod (behind 2011's visionary *Animal Kingdom*) finds buildings that are rich in jumble sale chic and cooked in a furnace that is unbearable, even on this side of the silver screen.

Good job the scenery is so beguiling for the two make for slim company. Eric internalises with an intensity that surely leads to bowel problems and trigger-happy Rey jibbers like a goon. One is still, the other fidgets.

Pattinson is exceptionally good and more than a match for Pearce.

Their relationship blossoms like the local flora – slowly, with great effort and without great show.

Kidnapper Eric may initially find sweetly needy Rey a pain but he comes to see him as something more. Rey replaces his brother with Eric as idol.

Of course, this quest is not about a car. And in this slow-burn Western there's time to conjure theories before Eric must enact his revenge and Rey must decide who to believe.

And while we're waiting, two men create from their friction a spark of humanity which suggests that, despite appearances, all is not lost.

Giles Broadbent

Our verdict

Slowburn thriller boasts two fine, unshowy character performances
★★★☆☆

ALSO OUT

The Congress (15) 123mins
Robin Wright in a dizzying blend of live action and animation.
Dinosaur 13 (PG) 95mins
Moving dino doc about skulduggery and the plight of a T-Rex.

THEME
Hector And The…
(15) 120mins

Simon Pegg plays the eponymous searcher for happiness as he abandons his London life and wife (Rosamund Pike) for a globe-trotting journey to assuage his mid-life crisis.

Amid exotic settings he finds new friends and old and learns to laugh.

★★★☆☆

SCREEN
Blood Ties
(15) 124mins

In this 1970s-set thriller brothers bury the hatchet when Chris Pierzynski (Clive Owen) leaves jail and pledges to sibling and cop Frank (Billy Crudup).

A cast that includes Mila Kunis, James Caan, Zoe Saldana and Marion Cotillard can't go wrong.

★★★☆☆

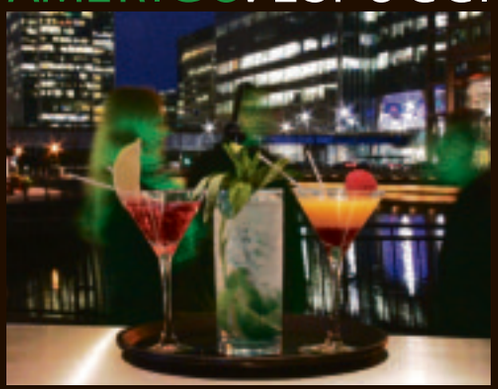
SCREEN
The Expendables 3
(12A) 126mins

Sly Stallone offers the third instalment of his 1980s action throwback franchise – now with added Mel Gibson and Harrison Ford.

It is an entertaining and ridiculously far-fetched tour of duty that sensibly welcomes fresh faces and more excuses for action.

★★☆☆☆

AMERIGO VESPUCCI



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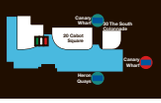

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Food

Make sure you have the sun on your back all day

Whether it's coffee or something stronger, **Rachel Bishop's** been out on the Wharf hunting those rays

Being surrounded by tall towers, sometimes it can be hard to find somewhere to have a beverage in the sun – which is the last thing you want with our limited British summer time.

We followed the sun around the Wharf and found the best places to get a drink while remaining in the glorious British heat throughout the day:

10AM

■ Canteen

As one of the very few establishments that gets sun at this time of the day, Canteen is perfect for a quick morning business meeting or leisurely brunch in the sun.

If you visit at a more respectable drinking time, try the Apple Martini, which is made with freshly pressed British apples.

Canada Square Park, canteen.co.uk.

NOON

■ Ibérica La Terraza

Mad dogs and Englishmen stay out in the midday sun – often true, and they (the Englishmen) often couple that with getting squiffy.

We suggest drinking sensibly, however, and where better to relax than at Ibérica La Terraza at midday? There are plenty of tables in the shade or the sun where you can enjoy an unusually tasty beer sangria, pictured.

Cabot Square, ibericalondon.co.uk.

2PM

■ CNTNR

With plenty of grassland to relax on and water close by, CNTNR (container without the vowels), above, is a great place to go for an early lunchtime drink.

Having moved in just last month, it's likely it will only be there for a year as the whole of Wood Wharf is being redeveloped – so get there while you can.

Wood Wharf, follow @CNTNR BAR on Twitter.

4PM

■ Via

Get ahead of the post-work crowd and grab a seat at any of the bars along this stretch of West India Quay.

Via's our pick – a great place for work drinks, with long tables that should fit a sizeable work group and plenty of sharing platters to line your stomachs.

West India Quay, viabars.co.uk.

6PM

■ Canary Wharf Four Seasons

For a quieter alternative to the strip of bars along West India Quay head to the Four Seasons, where the small terrace is a hidden gem of tranquillity.

There's a great range of Italian food as well for anyone looking for a spot of dinner with post-work drinks and a great range of cocktails including the Cucumber Summer Cup and the Pop Rocks Daiquiri.

Westferry Circus, fourseasons.com.

8PM

■ 28 Bar West

Watch the sun set over the Thames at this relatively new bar by the river, with views of The Shard and the City.

The venue also offers British grub and all the standard cocktails.

Westferry Circus, 28-west.co.uk.

DRINK WITH PAULO BRAMMER

Wines to take on a summer picnic

1

■ Mirabeau Cotes de Provence, French Rose Wine, 2013.
■ £6.74 at Waitrose.
■ Made from a classic blend of grapes from Provence this is a mixture of Grenache, Syrah and a touch of Cinsault. The wine is fragrant with scented flowery notes. Light bodied, it's delicate, fresh and juicy. And it's well priced too; lovely for a sunset.

★★★☆☆

2

■ Lindauer Special Reserve, Hawkes Bay, New Zealand NV.
■ £15.99 at Majestic.
■ Made using the same method as is used in Champagne, Pinot Noir is the main grape variety followed by Chardonnay. Notes of strawberry are the highlight on the nose with a creamy feel in the mouth. Perfect for a picnic with lashings of charcuterie.

★★★★☆

3

■ M&S Eclipse Bio Bio Riesling, Chile, 2012.
■ £7.99 at M&S.
■ This wine recently won the highest score in its category at the Decanter Wine Awards. Very classy wine with vibrant and racy notes of zesty citrus fruit, honeydew and sour cream. This is one of the best value wines I have tasted this year – a shoe in for any picnic hamper.

★★★★★

Paulo Brammer buys wine for ETM Group, which owns The Gun. Go to etmgroup.co.uk

28WEST Bar&Grill

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Health

FITNESS
FAST
Outdoor activities

CANARY WHARF

Go outside with gym's trainers

★Members of Reebok Sports Club in Canada Square are being offered al fresco additions to its timetable this summer.

An outdoor bleep test, metabolic, running and sports circuits and functional training in the fresh air are just some of the new sessions. They will be held in a variety of locations across the estate including Montgomery Square and Wood Wharf.

Go to reebokclub.co.uk.

STRATFORD

Park your bum at Stratford site

★Our Parks is hosting a variety of free sessions including hula hooping, abs, bums and thighs, elite fitness and capoeira at the Queen Elizabeth Olympic Park throughout summer.

Why not try the latter on Sunday at 10am or head east after office hours on Tuesday for Yoga at 7pm.

Go to ourparks.org.uk for full listings.

TOWER HAMLETS

Get fit our on Poplar's streets

★Poplar residents can take their training outdoors after an Urban Gym was installed by Tower Hamlets Council.

The five-piece facility is free to use with fitness fans able to raise their heart rate on a treadmill, spinning bike and cross trainer as well as take advantage of a chest and leg press.

Tower Hamlets Mayor Lutfur Rahman said: "The outdoor gym in Leven Road is an exciting way to attract people who might be put off by going to a traditional gym but like the idea of training out in the open."

Go to towerhamlets.gov.uk for information.

VICTORIA PARK

Activities aimed at healthy living

★Healthy living will be at the heart of a special event organised by Tower Hamlets Council.

The authority is set to host a Sports and Healthy Living Day in Victoria Park on August 27.

It promises a range of activities for residents of all ages designed to promote a variety of routines that benefit the body.

Those hoping to take part should meet opposite the Victoria and Albert Museum of Childhood, between noon and 4pm.

Get outdoors and floor it

Our fitness guru **Laura Williams** shares three moves to try in the Wharf's open spaces

PICTURES KAY LOCKETT

■ **Seated Sprinkler:** Sit on the grass with your legs extended out in front of you and lean back from the waist to about 45 degrees. Extend both arms out to the side, palms facing down. Twist from the waist to the left sweeping your right arm across your body until your right palm meets the left. Return to the start position and repeat to the other side. Continue for one minute, edging back a little further to the ground if you need to intensify the exercise.

■ **Press-up to Side Plank:** Assume a press up position ensuring arms and back are straight. Bend elbows and lower chest to the ground making sure your back doesn't arch. As you straighten arms on the way back up from your press up, pivot to your right side on the balls of your feet and extend left arm in the air so that your torso's rotated and is now facing to the left. Lower back down, perform another push up and repeat to the right. Continue for a minute.

■ **Swiss Ball Pass:** Lie on your back holding the ball with your legs extended above hips. Crunch forward passing the ball so that it's positioned between your ankles and slowly lower legs as you extend arms back behind you. Then, crunch forward again and collect the ball in your hands and lower it back behind your head as you drop legs to the floor. Then crunch up again and pass back to your legs. Repeat for one minute.

Boost your commute with a run

Frustrated and frazzled after a stressed-out, stuffy evening commute?

Then why not dig out your trainers for a post-work jog from Westferry to central London with Home Run?

The Fitness First-organised sessions are suitable for all abilities and take care of bags and briefcases courtesy of a partnership with Zipcar. Participants are then reunited with their gear at the London Eye finishing line.

The twice weekly sessions on Monday and Wednesday, starting at 6.15pm, offer Wharfers a guided route from Westferry DLR towards Wapping before passing Tower Bridge and the Tower of London.

The route then continues across Southwark Bridge and along the South Bank before finishing up at the tourist attraction, almost five miles from the start.

A season pass costs £15 and lasts until September 12, though Fitness First members can take part for free.

Go to homerunlondon.com

Finish line: The London Eye

KIT UP

This Swiss ball is 65cm and costs from £6.99 with free delivery
amazon.co.uk

Fashion

ESSENTIAL KIT

★ **Grab these goodies from Canary Wharf's malls to boost health, freshen up barnets and keep your face glowing during festival season:**

■ **Batiste dry shampoo travel size,** £1.55 for 50ml
Spritz some of this spray into your locks for zing of freshness and a feeling of clean when there are no showers in sight.
Boots, Canary Wharf malls, boots.com

■ **Bobbi Brown Pot Rouge for lips and cheeks in Calypso Coral,** £19
Lighten the load in your travel makeup kit with this two-in-one product to bring a warm flush to your face, even if the rain's pouring down over the main stage.
Bobbi Brown, Canada Place Mall, bobbibrown.co.uk

■ **Bio-Kult,** £14.95,
Get your body set for all night partying with a trio of probiotic supplements designed to keep your immune and digestive systems healthy.
Boots, Canary Wharf malls, boots.com

FESTIVAL FRINGE

Catching gigs this summer? **Beth Allcock** gets some advice to put her on trend for the season

Before you plonk your wellies into a sea of stages, fields and Portaloos, take time to prepare your look.

Fringing, flares and sequins – as well as a decent brolly – will be your festival friends this summer.

We turned to press assistant at east London's Beyond Retro, Hannah Wilkinson, for some advice. She said once ravers had snapped up their tickets, they became braver and more flamboyant in their tastes.

"We've got a lot of 1960s and '70s stuff and that's exactly what people want for festivals," said the 22-year-old. "They're after waistcoats with fringing and we've also got some pretty cool anoraks and new welly boots like Doc Martins for a weather ready outfit. Fringing is the big thing. Everyone's asking for that and flares as well. There's also a rise in sequins.

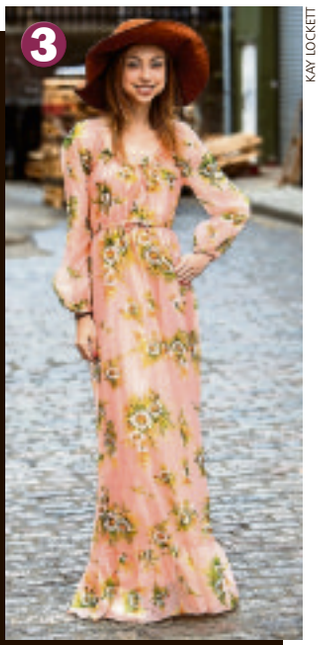
"People come in and they want something different from the high street. Here what you come out with is not predetermined – people pick up things they might not do ordinarily.

"It's particularly about the psychedelic. People want to find that outrageous piece they can't find elsewhere – like an amazing big sequined jumpsuit all-in-one that you won't wear again, but that's only going to cost £20."

Go to beyondretro.com or visit the Cheshire Street store.

What are the hot festival trends?

"Fringing is the big thing. Everyone's asking for that and flares as well. There's also a rise in sequins."



KAY LOCKETT

1 **Flat shoes,** £15 | **2** **Leather bag,** £18 **Necklace,** £12 **Sequin top,** £18 **Denim shorts,** £22 **Fringed jacket,** £45 | **3** **1970s dress,** £32 **Faux suede hat,** £22
4 **Pink anorak,** £22 **Sunglasses,** £6 **Umbrella,** £6 **Jelly boots,** £25 **T-shirt,** £18 **Denim shorts,** £22 | Beyond Retro, 110-112 Cheshire Street, beyondretro.com

JOHN LEWIS

Brands find a new home in Stratford

★ Three brands now call John Lewis at Westfield Stratford City home.

Make-up brand Benefit, fragrances and homeware by Jo Malone and occasion clothing by Coast can now be found on the first floor of the east London department store.

Go to johnlewis.com for details.

BOXPARK

Don denim for Gap party in Shoreditch

★ Gap at Boxpark in Shoreditch is celebrating the brand's 45th birthday with Discs and Denim on August 21.

Visitors can enjoy DJ sets, drinks and vintage Gap T-Shirt printing.

The party starts at Gap's unit from 6pm.

BANANA REPUBLIC

Mouret's garments arrive on the Wharf

★ French fashion designer Roland Mouret is the creative force behind a new capsule collection at Banana Republic. His limited edition pieces are available at the Jubilee Place Mall store and other Banana Republic outlets.

Go to bananarepublic.co.uk.

FESTIVAL DATES

★ **You'll need somewhere to show off your gear – why not try these chic hangouts:**

■ **V Festival at Hylands Park, Chelmsford, August 16-17**
Go to vfestival.com.

■ **Bestival at Robin Hill Country Park, Isle of Wight, September 4-7**
Go to bestival.net.

■ **On Blackheath in Blackheath, September 13-14**
Go to onblackheath.com.

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To ***Reply*** to members from your landline call:
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calls cost £1.53 per min

Have the adverts 6-digit box no written down and do ***key-it-in promptly*** when asked. Don't forget to leave contact details for replies.

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Or ***Text***.. **REPLY 1** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098**
eg: **REPLY1** 123456 ***hi get in touch...*** then send to **80098**
Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message? ***Pickup*** your replies on:
0906 500 3731
calls cost £1.53 per min

PLUS you can also listen to other members greetings on this number.

Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

CARLY mid 30's bubbly outgoing genuine female seeking similar sincere down to earth male to enjoy socialising, beach walks, romantic walks and cosy evenings in, 35-50yrs **Tel No: 0906 500 3729 Box No: 412935**

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. **Tel No: 0905 002 1952 Box No: 366019**

BECKY 30's slim size 10, big blue eyes, considered stunning, fun, caring, seeking reliable guy to enjoy nice times with, no ties or complications pls. **Tel No: 0906 500 3729 Box No: 412595**

LISA 19 young inexperienced and lonely, 5ft 5ins, very curvy and cuddly build, loves shopping, going out, seeking fun loving understanding mature guy for ltr. **Tel No: 0906 500 3729 Box No: 412913**

FELICITY professional female, 32yrs, blonde, curvy, fun. Travels a lot and wltm chap for occasional fun on my travels. **Text only Box No: 4459438**

CHRISTINA, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. **Tel No: 0905 002 1953 Box No: 410127**

GENUINE widow 72, seeks kind, sincere gent for friendship and to put the sparkle back into my life. **Tel No: 0906 500 3729 Box No: 413081**

SLIM-MEDIUM build lady, likes picnics, football, cinema, seeking similar male, 60-65, N/S with GSOH. **Tel No: 0906 500 3729 Box No: 413667**

ESSEX lady 60's, GSOH, smartly dressed, seeking nice gent 60-70 for friendship and more, likes meals out, socialising, countryside. **Tel No: 0906 500 3729 Box No: 413587**

JANE, young 41, very broadminded seeks chap any age for discreet no strings fun, any are, no time wasters aca. **Tel No: 0905 002 1939 Box No: 409715**

CINDY 31yr old first time advertiser attractive, girly size 12, looking for my soul male, I enjoy romance, the finer things in life and seek similar. **Tel No: 0906 500 3729 Box No: 413577**

SARAH attractive 25yr old single female, slim, feminine with long hair and big eyes, enjoys being fit and healthy, socialising, WLTM male 18-35 for fun times. **Tel No: 0906 500 3729 Box No: 413423**

MAUREEN, discreet sensual lady, 42yrs seeks daytime fun at her home. ACA. **Tel No: 0905 002 1959 Box No: 405297**

CARRIE 29yr old fun single mum who enjoys cosy nights in, music, travel, occasional night out, concert, travel, seeking romantic male 30-45. **Tel No: 0906 500 3729 Box No: 413019**

SUSIE discreet married lady, young 36yrs seeks uncomplicated times with man any age or area, all texts answered. **Text only Box No: 4459437**

BECKY 38yrs stunning size 10, big blue eyes, feminine, long hair, honest, fun, seeks honest reliable male to go out with, have a nice time and some much needed fun. **Tel No: 0906 500 3729 Box No: 412597**

JEWISH woman, 60's, WLTM Jewish man, 60's for all good things in life. **Tel No: 0906 500 3729 Box No: 412763**

LESLEY intelligent attractive slim female, enthusiastic, loves life, interests, looking good and keeping fit, seeks similar passionate Mr Wonderful. **Tel No: 0906 500 3729 Box No: 412323**

LAUREN 24yr old petite blue eyed barmaid, slim brunette, pretty, sporty, likes cosy nights in, WLTM caring well built easygoing male for meets, 30-45yrs. **Tel No: 0906 500 3729 Box No: 411211**

CHRISTINE seeking fun loving male, 56-63, young minded for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 413087**

ZOE, 25yrs, very naughty seeks man any age for broad minded no strings fun and games. **Tel No: 0905 002 1931 Box No: 409719**

LOREN pretty petite 24yr old female, likes swimming, walking, cosy night in watching a movie, seeking caring well built loving male with nice personality 30-45. **Tel No: 0906 500 3729 Box No: 413015**

JULIE 46yr single female, long dark blonde hair, big blue eyes, loves home cooking followed by cuddles on the sofa with a nice wine, seeking genuine male, no time wasters. **Tel No: 0906 500 3729 Box No: 412907**

SUE, 38yrs, passionate, broadminded and feisty seeks discreet fun with "mr wrong". Aca. **Tel No: 0905 002 1935 Box No: 413007**

PLACE YOUR AD BY TEXT
SIMPLY TEXT: REG followed by your FIRST NAME, DATE of BIRTH, AREA and YOUR ADVERT (max 155 characters) and SEND to **80098**
REG 80098 Send
FREE (Standard Network rates apply)

CHERYL 21yr old single mum of one, slim, attractive, long hair, seeking true honest male up to 40yrs to put some fun back into life. Single dad welcome. **Tel No: 0906 500 3729 Box No: 412385**

ANN 40's female looking for male for broadminded adult fun, no strings. **Tel No: 0906 500 3729 Box No: 412369**

BECKY 38 size 10, big blue eyes, considered stunning, honest, fun and caring, looking for similar kind of person to enjoy fun times. **Tel No: 0906 500 3729 Box No: 412593**

FEMALE N/S, seeking male to share and enjoy life with, 48-55. Bucks area. **Tel No: 0906 500 3729 Box No: 412637**

WIDOW 60's, nice personality, GSOH, seeks nice male 63-70, for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 412101**

ROMANTIC 42yr old slim black mum of 1, loyal, likes countryside, cooking, music, nights in/out, comedy, seeks male, 45 plus for fun and laughter. **Tel No: 0906 500 3729 Box No: 412063**

FREYA 33 6ft blonde, loves dancing and have a good time, employed, own home, one son, seeking similar laidback guy/dad for dates, chats and more. **Tel No: 0906 500 3729 Box No: 412045**

MARILYN really nice curvy tactile female, loves romantic walks, cosy nights in, quality times, looking for nice male to spend time and fall in love with. **Tel No: 0906 500 3729 Box No: 411871**

SARAH 25 petite slim attractive blonde student, enjoys keeping fit, looking good, socialising, going out, being a mum WLTM similar fun genuine guy. **Tel No: 0906 500 3729 Box No: 411537**

33YR old sick of being single working mum, OHAC, likes the simple things in life, looking for romantic, honest guy with GSOH for cosy nights in and fun nights out. **Tel No: 0906 500 3729 Box No: 411887**

RITA divorced care worker with no ties, 5ft 1ins, dark hair, enjoys meals out, cosy nights in, seeking male 45-55 with GSOH and similar interests. **Tel No: 0906 500 3729 Box No: 411775**

FEMALE seeking kind, caring gent for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 411751**

MELANIE tall curvy attractive bubbly female who loves meals out, cosy nights in with a nice wine, walking, seeks professional male with outgoing GSOH. **Tel No: 0906 500 3729 Box No: 411509**

60'S slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. **Tel No: 0906 500 3729 Box No: 411813**

SONYA tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. **Tel No: 0906 500 3729 Box No: 411697**

52YR old female, seeks N/S male to share and enjoy life with, 48-56. **Tel No: 0906 500 3729 Box No: 409577**

JANE bored 43yr old student with plenty of spare time, likes drinks out, walking my dog, swimming, looking for similar lonely companion, 38-50. **Tel No: 0906 500 3729 Box No: 412357**

JANE 29yr old horsey female, loves the outdoors, cycling, as well as duvet days, WLTM not too serious male for a hopefully normal relationship. **Tel No: 0906 500 3729 Box No: 412315**

WIDOW 70, lonely, seeking gent, 70-75 to bring a bit of sparkle back in life, likes theatre, cinema. **Tel No: 0906 500 3729 Box No: 412475**

ESSEX slim blonde lady, 60's, young outlook, seeks gent, 60-69, likes holidays, meals out, weekends away with happy disposition for fun times. **Tel No: 0906 500 3729 Box No: 412479**

CLARE 36yrs successful single mum, independent, employed with OHAC, size 10, green eyes, pretty, likes swimming, family life, seeking male with similar values and interests. **Tel No: 0906 500 3729 Box No: 412053**

SHARON 32yrs and still soul searching for Mr Right, I enjoy keeping in shape, caring for people, seeking loving respectful guy who also knows a good time. **Tel No: 0906 500 3729 Box No: 412049**

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. **Tel No: 0906 500 3729 Box No: 410957**

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. **Tel No: 0906 500 3729 Box No: 410579**

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. **Tel No: 0906 500 3729 Box No: 410467**

CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. **Tel No: 0906 500 3729 Box No: 410301**

JOSEPHINE pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. **Tel No: 0906 500 3729 Box No: 410991**

CHINESE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. **Tel No: 0906 500 3729 Box No: 410935**

SANDY 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 410917**

CARRIE 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTM similar fun romantic handsome man for friendship possibly more. **Tel No: 0906 500 3729 Box No: 411215**

DEBS very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. **Tel No: 0906 500 3729 Box No: 409275**

SUE 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! discretion assured. **Tel No: 0906 500 3729 Box No: 411205**

JOANNE 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. **Tel No: 0906 500 3729 Box No: 410569**

LEANNE young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. **Tel No: 0906 500 3729 Box No: 410563**

Men seeking women

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

MATURE professional young at heart 59 yr old male, looking for similar like-minded female 40-60. **Text Only Mailbox Box No: 4462035**

BLACK male, 50, bubbly, WLTM buxom, curvy, voluptuous, rubinesque white female, 25-55 for friendship/LTR. **Tel No: 0906 500 3729 Box No: 413073**

INDIAN girl sought for fun and friendship by 38 year old white guy, very clean and discreet. Age or looks are unimportant. Absolute discretion assured. Let's have some cuddles! **Text Only Mailbox Box No: 4460054**

ATTRACTIVE male, 47, 5ft 10ins, seeking relationship with female, 30-54. **Tel No: 0906 500 3729 Box No: 413543**

JACK OFAC, mature businessman, seeking my sugar baby, someone who would enjoy me and who I would enjoy. **Tel No: 0906 500 3729 Box No: 413605**

KIND caring, active, honest, reliable 70yr old male, N/S, many interests, seeks warm hearted, positive, loyal, slim lady in her 60's. **Tel No: 0906 500 3729 Box No: 413653**

BRIAN 51, 5ft 9ins, attractive, easy going, GSOH, likes cinema, meals out, walks, seeks attractive lady, 40-50 for LTR. **Tel No: 0906 500 3729 Box No: 413273**

40'S male, sensual, open minded, adventurous, Aquarius, seeks female, any age of similar interests for discreet day time no strings adult fun. **Tel No: 0906 500 3729 Box No: 413245**

AJ 35, seeking female up to 45 for no strings fun. **Tel No: 0906 500 3729 Box No: 413223**

BRIAN 41, works part time, easy going, outgoing, seeking lady, 41-48 for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 413215**

TALL slim, easy going male, 42, 5ft 11ins, seeks attractive, feminine lady for nights out and socialising. **Tel No: 0906 500 3729 Box No: 413167**

6FT male, slim, short hair, clean shaven, seeks slim, easy going female with similar interests for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 413077**

JEFFERY 57, 6ft, medium build, white, likes meals out, nights in, bowling, cinema, seeks genuine black lady, 30 plus for serious 1-2-1 relationship. **Tel No: 0906 500 3729 Box No: 413025**

MATURE guy looking for young lady to get through life with. **Tel No: 0906 500 3729 Box No: 413521**

41YR old male, West London, medium build, N/S, non drinker, seeks female, 30-50, N/S for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 413497**

TONY 50, 6ft 2ins, dark hair, brown eyes, slim, looking for loyalty and TLC. **Tel No: 0906 500 3729 Box No: 413469**

ANDY dark haired male, 45, seeks female, romantic, fun loving with GSOH for LTR. Single mum welcome. **Tel No: 0906 500 3729 Box No: 413465**

TALL male, seeking similar genuine female for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 413429**

TED 62, smoker, 5ft 8ins, stocky, likes walks, swimming, meals out, seeks female for LTR. **Tel No: 0906 500 3729 Box No: 413325**

MATURE male, seeks female for discreet no strings fun. **Tel No: 0906 500 3729 Box No: 413291**

Follow us on twitter @datelocally

ESSEX chap 61, 5ft 9ins, N/S, good company, retired, likes travel, animals, seeks slim, similar female for nice times. **Tel No: 0906 500 3729 Box No: 412511**

5FT 11ins male, 70's, OHAC/teeth, likes swimming, diving, geology, crop growing, buying house in Barbados. **Tel No: 0906 500 3729 Box No: 412501**

WEST Country male, trustworthy, kind, loving, HIV, seeking genuine, black, African lady for genuine LTR. **Tel No: 0906 500 3729 Box No: 412691**

TERRY seeking female for friendship, maybe more. **Tel No: 0906 500 3729 Box No: 412677**

WILLIAM 67, young at heart, N/S, clean shaven, smart, easy going, likes days out, meals, walks, sport, seeks female who is fed up with being lonely for fun times. **Tel No: 0906 500 3729 Box No: 412647**

JOHN likes swimming, countryside, caravans, camping, looking for nice lady, any age/race. **Tel No: 0906 500 3729 Box No: 412949**

AJ 35, looking for no strings fun with lady up to 45, bigger the better. **Tel No: 0906 500 3729 Box No: 412889**

PAUL tall, good looking, white, slim-medium build, dark hair, blue eyes, seeks tall, slim, attractive black girl for fun times, maybe more. **Tel No: 0906 500 3729 Box No: 412885**

5FT 11ins male, mid 70's, N/S, OHAC/teeth, likes swimming, diving, geology, gardening, may buy house in Barbados. **Tel No: 0906 500 3729 Box No: 412747**

45YR old male, intelligent, GSOH, looking for no strings fun. **Tel No: 0906 500 3729 Box No: 412829**

JON 22, looking for no strings fun with any female up to 35. **Tel No: 0906 500 3729 Box No: 412607**

Men seeking men

MALE 62, medium build, own home, seeks younger male for fun. **Tel No: 0906 500 3729 Box No: 413251**

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. **Tel No: 0906 500 3729 Box No: 412269**

BI guy late 40's, slim, discreet, seeks much older guy for long term pleasures. **Tel No: 0906 500 3729 Box No: 413569**

Friends

LADY friendly, pleasant, straight, West London, seeking friend 45-65 for lunches, cinema, galleries and cruising. **Tel No: 0906 500 3729 Box No: 413263**

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Community

PUMP UP THE VOLUME

THE Meantime Brewing Company has opened a bar right on the doorstep of The O2.

The Greenwich based group launched BeerBox on Thursday night with a performance by Californian indie band We Are Scientists.

Designed by Hooperberg, the two-storey bar is made of customised shipping containers. It's a pop-up bar but has a three-year residency at the Greenwich Peninsula Square site.

Meantime CEO Nick Miller said: "We wanted to create an interesting space for our drinkers where they can enjoy modern craft beer in an entertaining environment.

"The BeerBox provides us with the opportunity to educate consumers about our craft just minutes from our brewery."

The new bar came about after a launch with property firm Knight Dragon which is developing the peninsula area.

Knight Dragon CEO Richard Margree said: "It was important for us to partner with an exciting brand, with local roots and a unique product offering.

"Meantime have been going from strength to strength and they have come up with something fresh for this space."

Meantime has two more bars in Greenwich – The Union at Royal Hill and The Old Brewery, which also has a restaurant, at the Old Royal Naval College.

BeerBox will also be home to the exclusive Peninsula Pale Ale.

BeerBox opened with a set from We Are Scientists

ROYAL DOCKS

Man suffers knife wounds in mugging

POLICE are appealing for witnesses after a 33-year-old suffered near fatal injuries in a violent robbery in Newham.

The man, a father of a 14-month-old girl, was stabbed in the leg at around 7pm on July 29 at Jake Russell Walk in the Royal Docks.

He was approached by a man on a bike who demanded his bag.

The suspect is described as black, around 25-30 years old, 5ft, 8ins, of stocky build, with a dense moustache and goatee.

After the attack he fled towards Victoria Dock Road.

The victim underwent emergency surgery and is now expected to make a full recovery.

Anyone with information is asked to contact Detective Constable Katie Bennett from Newham CID on 0208 217 5402/5085.

EAST LONDON

20,000 sign petition to save GPs' surgeries

Rob.Virtue
@wharf.co.uk

A 20,000-STRONG petition urging the Government to save east London GP surgeries has been handed into Downing Street.

Some 22 surgeries in Tower Hamlets, Hackney and Newham are believed to be at threat due to NHS funding cuts.

Rushanara Ali, MP for Bethnal Green and Bow, said: "David Cameron's Government's top-down reorganisation of the NHS is wreaking havoc on our GP services.

"These pressures have also created a crisis in our A&E services, and that is why alongside the thousands of residents, who have signed the petition, we are calling on David Cameron to reverse his Government's decision before it is too late."

Dr Naomi Beer of Jubilee Street Practice in Tower Hamlets, which is one of the 22 at risk, said: "Our patients often tell us how much they appreciate the high quality, accessible service that Jubilee Street provides.

"We've already taken pay cuts to try to keep going, but we can't absorb such a huge loss."

Also present at Downing Street was Poplar and Limehouse MP Jim Fitzpatrick.

An NHS England spokesman said the changes attempt to make GP funding "more equitable".

"The majority of practices in London will gain as a result, however we recognise the unique financial challenges that some GP practices are facing.

"That is why we are working with the affected practices, the Office of London CCGs and Local Medical Committees from across the capital, to consider how these changes can take effect, and what arrangements might be put in place to support those affected."

Increase in homeless people as prices put property out of reach

SOCIETY

How graduates are boosting pressures on affordable homes

Beth.Allcock
@wharf.co.uk

As the host borough at the heart of London's Olympic summer two years ago, Newham is well-placed to reap rewards from its legacy.

But the head of a Canning Town homelessness charity has called into question any positive effect on the borough's housing sector.

Keith Fernett, director of Caritas Anchor House, in Canning Town, said he was worried locals were being "priced out of their own area".

His comments come after recent figures from a Streets To Home bulletin revealed the borough had seen a boom in the number of people declared homeless, with nearly 80 more cases during 2013/14 than 2012/13.

This means totals show 202 people were seen sleeping rough in Newham – the ninth highest in London.

Mr Fernett said: "Part of the Olympic legacy was that 35% of new homes in the Olympic park would be affordable, which would go some way to reducing Newham's social housing waiting list of 24,000 people.

Keith Fernett: Problem gets worse

"However, while affordable traditionally meant homes for working-class, low-income people, it's now come to mean affordable for graduates and young professionals and requires a salary of £30,000 or more.

"This ultimately means that Newham residents, who earn around £25,000 on average, are being priced out of their own area."

He added: "In just the last three months, we've received 151 referrals, compared to 103 this time last year, and have been unable to accept many of them as their levels of support, such as high mental health needs, are far beyond our capabilities."

Newham Council said it was aware of the increase in homelessness and was "actively tackling" the problem, by working with charities as well as families who risked losing their homes.

It added: "We work to provide assistance to those sleeping rough, helping them to find the right agencies, including access to healthcare, housing, benefits and other specialist support.

"Our balanced approach of support and law enforcement to address this issue in an appropriate, humane and fair way has seen a 94% reduction in rough sleeping since January 2014 in the Stratford Centre."

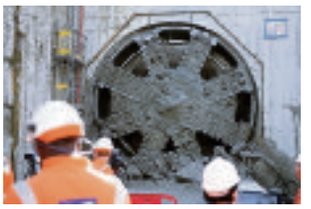
Meanwhile, neighbouring authority Tower Hamlets Council, polls fifth highest in the findings with 324 recorded people seen sleeping on its streets during 2013/14 – a decrease of two on the previous results.

The council said it had recently boosted resources to tackle the issue which meant it was finding people quicker and recording them more accurately.

It added: "The hard work of the council and its partner agencies is keeping the number of rough sleepers low.

"Tower Hamlets' most recent independently monitored street count was four, much lower than all our neighbouring boroughs."

Go to anchor.org.uk.



ROYAL DOCKS

Jessica cuts through to Crossrail portal

A CROSSRAIL machine named after Olympic star Jessica Ennis-Hill has completed her 900m journey by breaking into east London's Victoria Dock Portal.

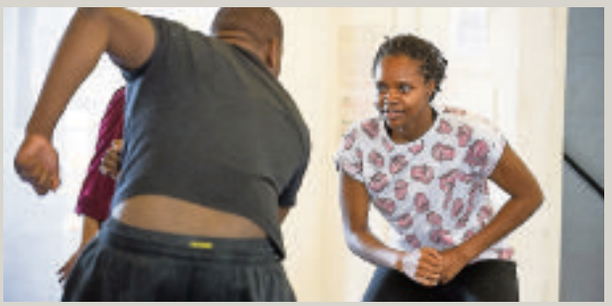
Jessica started her second mission at Limmo Peninsula and travelled up to 41m each day.

Although Jessica will now be dismantled, her sister machine Ellie will begin the remaining twin tunnel from Limmo to Victoria Dock in the next few weeks.

Crossrail chief executive Andrew Wolstenholme said: "The end is now in sight on Crossrail's tunnelling marathon, but there is much more to do."

BRIEFLY

■ **EXTREMIST Afsor Ali, 27, from Bethnal Green convicted of trying to flee the country after he was caught with terrorist material on his computer has been jailed for 31 months at the Old Bailey.**



IN THE SPOTLIGHT

A TEENAGE actress from the Isle of Dogs has been snapped up for a programme run by Britain's top black-led thespian group.

Angelina Chudi, pictured, has spent four intense weeks training as part of Talawa Theatre Company's TYPT, an annual season which culminates in a full production staged at the Royal London Central School of Speech and Drama's Embassy Theatre, in north London, this evening (Thursday).

The 19-year-old has been working alongside eight other cast members and director Ola Animashawun to dream up a piece of new theatre exploring themes of trust, betrayal and loyalty.

The group's play will be performed until Saturday.

Aug 14-16, Embassy Theatre, Royal Central School of Speech and Drama, Eton Avenue, London, 7.30pm, £6 ticketsource.co.uk/Talawa.

Business extra

Osborne: This should be world's Fintech capital

TECH

Rob.Virtue
@wharf.co.uk

CHANCELLOR George Osborne praised Tech City and its role in the future of banking at a meeting at Canary Wharf last week.

He was launching Innovate Finance at Level39 and said he believed London can lead the way in Fintech.

He said banking should evolve in the same way communication has in recent years.

It includes schemes currently under way such as being able to "bypass traditional banks" and "lend money directly through peer-to-peer platforms".

He also declared he wanted to examine the potential for virtual and digital currences – like Bitcoin – in the UK.

"We have among the best scientific research; one of the greatest tech hubs in the world, near here in Tech City; and the highest density of startups in the world," said the Chancellor.

"And with the right backing from government, I believe we can make London the Fintech capital of the world.

"For me this is not an add-on to what the City already does. It has to be what the City becomes in the future."

The Chancellor announced new measures to support the Fintech sector including allowing peer-to-peer lending in ISAs and incentives to encourage investment startups.

Industry body Innovate Finance, previously FinTech UK, marked its launch at the Level39 event.

Chancellor George Osborne speaking at Canary Wharf

Simon Hamblin, CEO of Netagio, the UK's first Bitcoin, gold, sterling exchange welcomed the Chancellor's comments.

He said: "We have long awaited some direction from the Government.

"This is an exciting time to drive greater innovation in the financial services industry, for Bitcoin businesses, retail and institutional investors and merchants.

"The UK's offshore jurisdictions are already strong supporters of alternative currencies and by bringing together a common approach, this could position the UK as one of the leading centres for digital currency innovation."

More at wharf.co.uk.

NEWS IN BRIEF

Business digest

Take advantage of our river views

HOSPITALITY A riverside charity is calling on companies to take advantage of its prime position for Greenwich's Tall Ships festival in September.

The Ahoy Centre, in Borthwick Street, Deptford says it has "the best vantage point" for the Parade of Sail on the closing day, with ships set to gather just upstream of the building. It is offering its facilities for business meetings with a view.

To book, contact Rachel Hedley by emailing rachel@ahoy.org.uk.

Wine investment firm flat broke

FOOD Investment firm Canary Wharf Vintners, which used 40 Bank Street as its trading address has collapsed, owing creditors a reported £250,000.

The company was run by Enver Deen, 55, of Sidcup who was unable to give reassurance that any money would be returned.

The collapse comes at the same time as traders En Primeur of Crawley and Encarta Fine Wines of Bromley have also collapsed.

Cityjet appoints commercial chief

PEOPLE An executive boasting more than 25 years experience in the global travel and technology industry has joined the team at CityJet.

The airline, which operates out of London City Airport, has appointed Patrick Lukan as its new chief commercial officer.

Formerly a senior director of global operations at Carlson Wagonlit Travel, he has also worked for American Airlines.

Consultant quits money but kneads the dough

FOOD

Financial strategist leaves sector after crash and becomes a Bread Angel instead

Rachel.Bishop
@wharf.co.uk

A former consultant swapped boardrooms for baking following the financial crash and her business, like her bread, is on the rise.

Jane Mason created Virtuous Bread, which helps people to learn everything about bringing good bread into the community, in 2010 and she has never looked back.

When the financial crash happened in 2008, Jane was working as independent strategy consultant specialising in financial services with companies such as HSBC, Citi and Credit Suisse.

Jane said: "Senior executive reaction to the 2008/09 recession was to 'rein in' and 'keep your head down' just at a time when organisations needed creativity, commitment, and a sense of community.

"I decided to take a break and explore options outside of consulting and financial services.

"I have been baking my whole life and it's something that I do when I have down time, including not being able to sleep."

But when Jane's lack of sleep meant she made more bread than she could eat, she decided to donate it to friends and neighbours.

"I was amazed at the positive response I received from people and I thought that this would be something others could benefit from," she said.

"That, coupled with the general lack of availability of good bread made me put two and two together: People can feel good about themselves, build relationships, and provide a great product. Good all round."

The business has grown hugely since then, as Jane travels the world from her new base in Mexico and expands her creativity and recipe collection.

She is not stopping there and is looking to expand further.

She said: "I would like to see more Bread Angels in other parts of the UK making good bread available in their communities and developing businesses teaching others.

"International expansion is also on the radar. I spend a lot of time in Mexico City now because of my husband's job and that is a whole new country to explore and makes the USA and Canada easier too.

"At this stage, that kind of expansion is opportunistic as opposed to strategic. The focus on expansion out of London is definitely strategic."

Go to Virtuousbread.com for more information.

Jane Mason now works out of Mexico City

What made baking the focus of your business?

"I have been baking my whole life and it's something that I do when I have down time."

Jane Mason

the Road

Putting a spark in hybrid sports car

ROAD TEST

Iain Dooley
The Wharf

Considering the quantum leap in design and approach to performance motoring, it would be easier to list what wasn't new about BMW's i8.

The car's carbon composite structure has much in common with the firm's smaller i3, while the mix of petrol and electric power in the form of a plug-in hybrid should ensure maximum flexibility.

Furthermore, the i8's appearance is a world apart from BMW's family of conventional cars. Despite the presence of child-size rear seats, the i8 is realistically a two-seater.

Some sports cars downplay their potential, but that's not the case here. It's clear that considerable effort has gone into designing the car with the intention of making a bold statement.

And while BMW is no stranger to producing potent performance cars, the i8 is its first attempt at a hi-tech plug-in hybrid sports machine with the potential for huge economy and emissions gains, and the convenience of short recharging times.

You can't expect any car at this end of the performance spectrum to be child friendly, but the i8 with its two-plus-two seating arrangement strikes an acceptable balance.

And with the petrol engine at the back, the car's boot is also modest, so no room for the golf clubs sadly because this is first and foremost a sports car.

That's obvious from the low-slung driving position and the handful of electronic modes available to fine-tune the experience.

That said, the default starting mode is electric, with the i8 offering an eerily quiet way to travel around town. Be more enthusiastic with the throttle and the petrol motor joins in automatically.

The result is a supercar-like elastic power delivery allowing you to minimise gearshifts and concentrate on spearing from one corner to the next. And spear along the i8 does; the car is rapid enough to demand your full concentration and sufficiently composed at speed to take even the worst road surfaces in its stride.

It's hard to put a real world value on a car like the i8. Yes, it does cost close to six figures in basic trim, but the technology underpinning the car is pretty clever and tech-savvy early adopters will no doubt be motivated by what the car can do, not what it costs. That said, it's generously equipped even by BMW's standards, although there's still ample room to personalise the cabin trim.

If you've got the cash, enjoy performance motoring and appreciate the technology underpinning this rapid sports coupe, then you'll likely want to be one of the first in the queue.

And what better way to make a statement regarding your green credentials than by driving one of the most dramatically-styled hybrids on the market.

FACTFILE

- BMW i8, £94,845 inc £5,000 gov grant.
- Engine: 1.5-litre petrol unit and electric motor producing a combined 357bhp and 420lb/ft of torque.
- Transmission: Six-speed dual clutch gearbox driving the rear wheels. Electric motor drives the front wheels.
- Performance: Top speed 155mph, 0-62mph in 4.4 seconds.
- Economy: 134.5mpg combined.
- Emissions: 49g/km of CO2.

The BMW i8 has a mix of petrol and electric power but still manages a sports car performance

Our verdict

The shiniest car in the shop, with added green credentials

★★★★☆

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Awards 2014 Which? Best Car Manufacturer

The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 25.4 (11.1) - 60.1 (4.7). Extra Urban 45.6 (6.2) - 83.1 (3.4). Combined 35.3 (8.0) - 72.4 (3.9). CO_2 emissions (g/km) 188 - 104.

The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results.

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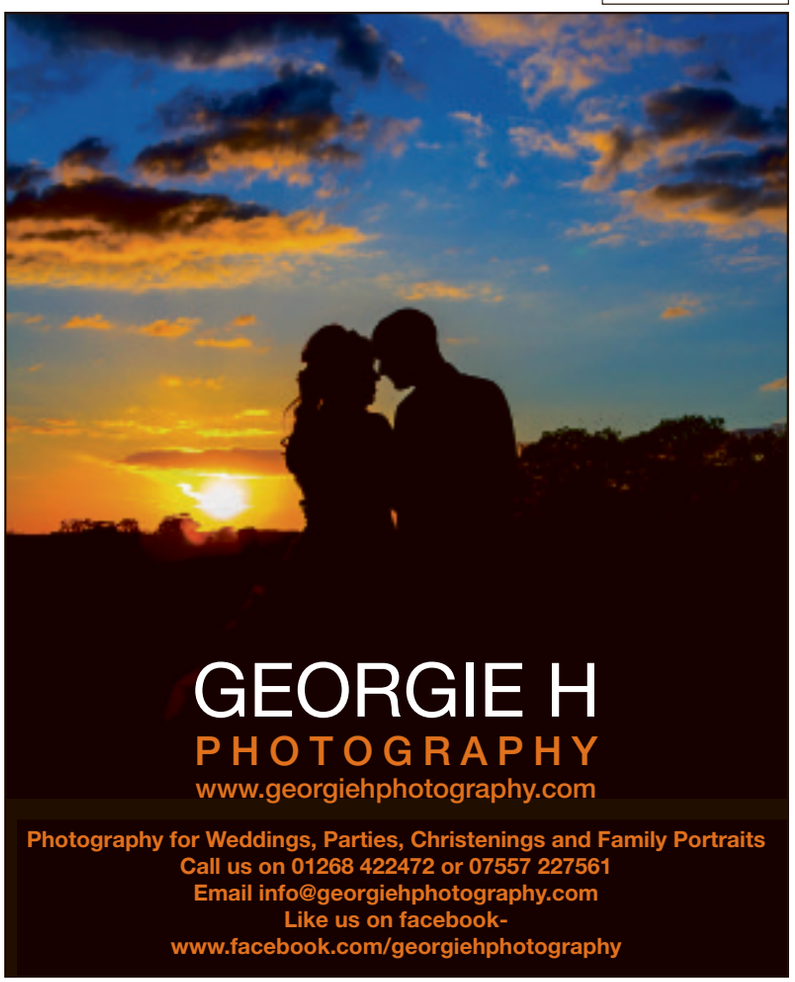
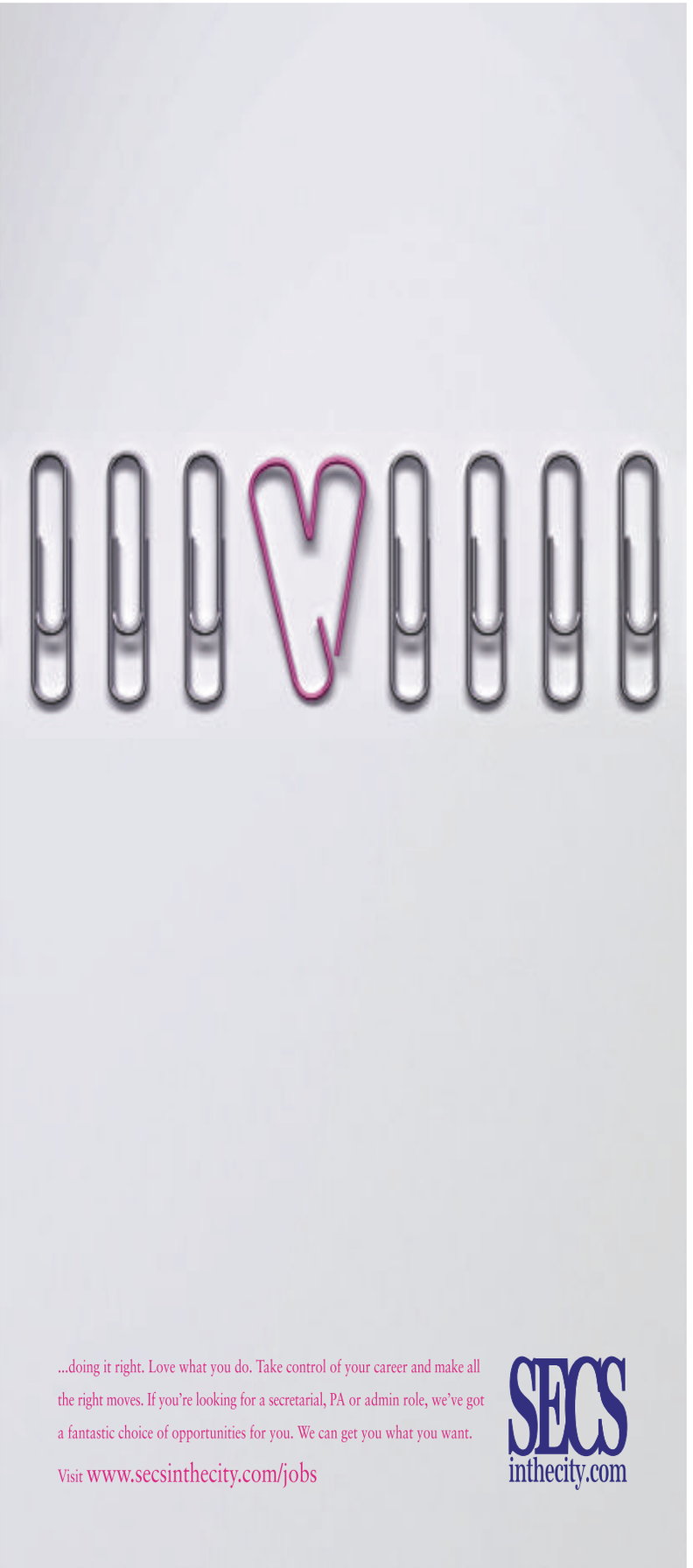


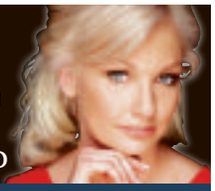


Take 5

Keep your brain ticking over with our selection of coffee break puzzles

Stars

With Claire Petulengro



AQUARIUS
JAN 21-FEB 19
For more call 0905 817 2070

There is an air of excitement in your chart as you finally get the chance to mix your past and present in a way which can keep everyone happy.

PISCES
FEB 20-MAR 20
For more call 0905 817 2071

All you want is your close ones to lighten your load, but that seems to be the last thing on their mind lately. Communicate Pisces. Not everyone is intuitive.

ARIES
MAR 21-APR 21
For more call 0905 817 2060

Taking a new view of your problems today can help you to find the answers you need. You've had some really overpowering influences around you lately.

TAURUS
APR 22-MAY 21
For more call 0905 817 2061

Think before you speak today, as you could be in danger of divulging information that could upset several people's lives. Don't cancel on a promise.

GEMINI
MAY 22-JUNE 21
For more call 0905 817 2062

Organisation is everything today. Be careful that you don't make promises of behalf of others, or it could come back on you tenfold. Try to make new friends.

CANCER
JUNE 22-JULY 23
For more call 0905 817 2063

Try to distance yourself from those who bring you down. There is too much progress to be made to allow negative influences to stand in your way.

LEO
JULY 23-AUG 23
For more call 0905 817 2064

A friendship is reignited by a chance meeting. Time has been a great healer, so don't hesitate in getting back on track with someone you missed.

VIRGO
AUG 23-SEPT 23
For more call 0905 817 2065

You may find yourself clashing with familiar faces today as you try to make your feelings known about upcoming events. Geminis and Leos play big roles.

LIBRA
SEPT 24-OCT 23
For more call 0905 817 2066

Exciting family news should give you reason to feel less worried about your close ones. Those who were a burden start to be more of a help and that's a relief.

SCORPIO
OCT 24-NOV 21
For more call 0905 817 2067

A new attraction makes for an interesting time in your life. Don't fight your feelings but embrace them. There is nothing you want at this point in your life.

SAGITTARIUS
NOV 22-DEC 22
For more call 0905 817 2068

Someone you thought you could trust seems to have let you down. Try not to feel too despondent. Your chart shows they've done you a favour. Just leave it.

CAPRICORN
DEC 23-JAN 20
For more call 0905 817 2069

You actually have quite an addictive personality at the moment Capricorn and it would be to your advantage not to mix with those who will abuse that.

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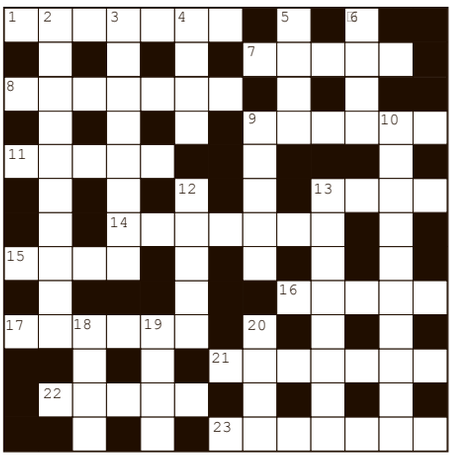
To be in with a chance of winning, just tell us the name of this star of *The Expendables III*, pictured on the red carpet at the recent world premiere in London.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is August 22. Include your name and address.

Crossword



ACROSS
1. Current of air (7)
7. Under (5)
8. Issue (7)
9. Comfort in distress (6)
11. Range (5)
13. Thing worn around the waist (4)
14. Surpass (7)
15. Without heat (4)
16. Fibbers (5)
17. Evaluate (6)
21. Regulate (7)
22. Trivial (5)
23. Football official (7)

DOWN
2. Absurd (10)
3. Not yet used (8)
4. Owl's cry (4)
5. Nought (4)
6. Roman gown (4)
9. Halts (5)
10. Clavicle (10)
12. Wooden shoes (5)
13. Disparage (8)
18. Prophet (4)
19. Takes a seat (4)
20. Painful (4)

ACROSS: 1. Draught; 7. Below; 8. Edition; 9. Solace; 11. Scope; 13. Belt; 14. Eclipse; 15. Cold; 16. Liars; 17. Assess; 21. Control; 22. Petty; 23. Referee.
DOWN: 2. Ridiculous; 3. Untapped; 4. Hoot; 5. Zero; 6. Toga; 9. Stops; 10. Collarbone; 12. Clogs; 13. Belittle; 18. Seer; 19. Sits; 20. Sore.

Sudoku

EASY

	2			7	6	5	1	8
6	5	9			4			2
	8			3			6	
	6	2	3	4	1		5	7
1	3	8			5		4	6
4	7	5		9	8	3	2	1
2		7	8			6	9	
	1	6	4	5			7	
5	9	3				1	8	4

HARD

1			7			8		
		3		5			2	
			9			7	3	
		9		3	8	2	5	
5				1		9		
				9				3
			3	8		1		
							9	
					6		7	4

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

GETTY

Mauro Zarate of West Ham fights off a challenge by Nenad Krsticic of Sampdoria during the Hammers' pre-season friendly on Saturday

Irons struggling to bolster their squad

WEST HAM

Management still hopeful of signing players before Spurs season opener

Jack Pinnock
The Wharf

West Ham are frantically trying to bolster their squad ahead of Saturday's curtain raiser against Spurs.

But reports this week suggested the club had failed in their attempts to sign Sunderland striker Connor Wickham after the north east side rejected a £5million offer.

Meanwhile, a move for Metz forward Diafra Sakho also apparently faltered. That deal is reported to have stalled after West Ham tried to switch it from a permanent move to a loan deal, leading the French club to call the Hammers "disrespectful".

Impressive: Kouyate

It followed Irons assistant boss Neil McDonald saying last weekend following the 3-2 friendly victory over Sampdoria the club were looking to add to the squad before the Spurs clash.

"We are working very hard, we have made bids for players and hopefully we can secure one or two," he said.

"Fingers crossed we can nail it and get it past the line. We are hoping there is at least one coming in next week."

McDonald said he was very pleased about Saturday's victory, especially with how his side played against top opposition.

Despite falling behind twice, the Irons fought back and chalked up their first win of a difficult pre-season.

Cheikhou Kouyate impressed in the centre of the park, while Aaron Cresswell also made his Boleyn Ground debut.

"I thought the first half was terrific," said McDonald. "We only had 14 senior players to choose from.

"We tried a different system we thought would work well, lots of passing, good tempo and we got in behind them. Our final ball was possibly not the best.

"The boys have been working hard in training and that work has come through really good.

"We have to believe we are decent on the ball. The final ball can always improve. Where we have had chances we have been clinical and we have been criticised for failing to be that in the past."

West Ham v Tottenham, 3pm, Saturday.

Cycling event is back on course for finals in 2015

CYCLING

DESPITE a delay of almost a year, the organisers of cycling challenge Project V are determined it will still ignite a cycling buzz on the estate.

The event was supposed to have reached its climax in July but the finals in Canary Wharf have now shifted to May 2015 instead.

With 40 teams of corporate riders, trained over a number of months by cycling professionals, the event has been called "the ultimate cycling experience where strategy will drive results" by its organiser Limelight Sports.

Coach Gary Willis

Businessmen and women will form 40 teams – with eight riders in each on race day, the date of which is yet to be confirmed.

The riders will swap pinstripe for Lycra to tackle four laps of a 1km closed-road course in Italian Team Pursuit time trial format ahead of a minor final and grand final where the top two teams battle it out. During the next few months a manager will be chosen to lead each team, with coaching sessions on offer to help with squad selection as well as race strategy support and a dedicated training day in a velodrome.

Gary Willis, former British Cycling coach who will lead Project V's training day, said: "As a racing concept this is about bringing the value of each individual, training principles and technology together to allow teams to achieve their performance goals.

"Canary Wharf as a venue fits well with this concept as it has a great community of businesses that would be able to take on such a race and strong support from Canary Wharf Group providing the perfect backdrop and environment."

Team places cost £5,000 each.

Beth Allcock
Go to projectvlondon.com.

Teams will get a day's training at a velodrome as part of Project V

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THE FANS' ROAR

By Ian Toal Millwall Supporters Club

What a start to the season

What a way to open our league campaign. Entertaining our old rivals Leeds United on the first day of the season was always going to be an exciting match.

With manager Ian Holloway orchestrating our great escape last season and making a few useful looking signings in the summer, there has been a feel-good atmosphere around our club.

Supporters responded by making the match a sell-out.

For the first time in a while we were clear favourites against the Yorkshire club. They are in disarray with a new owner who reportedly dictates to an unknown manager what players the club signs. This compared to a club like ours that has the manager at the forefront of building our future.

It's been a long while since there was such a buzz at The Den.

The last time if felt like this was a year ago when we entertained Yeovil on the opening day of the season following a summer of several relatively big name signings.

Unfortunately we fell flat on our faces that day and then had a disastrous run so that optimism was quickly forgotten.

GETTY

V for victory: Ian Holloway

> It's been a long while since there was such a buzz

Things were so different on Saturday. We hassled Leeds from the off, scored early through Mark Beevers from a corner and the crowd played their full part in making it a tough afternoon for the visitors, demonstrated ably by their goalkeeper Silvestri who kicked the ball out more often than he kept it on the pitch.

We didn't confirm the victory until the 88th minute though when Shaun Williams dispatched a great penalty after new signing Lee Gregory won the spot-kick on his debut.

Although the new arrivals have lifted the club, a couple of forgotten men more than played their part.

With previous skipper Paul Robinson leaving to join Portsmouth on a month's loan last week, Alan Dunne was made captain and responded with another good performance at centre-half – a position he only took up towards the end of last season.

Jimmy Abdou, like Dunne, has been dropped more times than you care to count but with Nicky Bailey's injury he was back in the side and put in another energetic display.

We built on our winning start with a 1-0 League Cup victory against Wycombe Wanderers at The Den on Tuesday night.

Holloway made a lot of changes to rest players given the heavy fixture schedule.

We rode our luck but a goal from left-back Matthew Briggs on his debut was enough to see us progress. He then managed to get himself banned from our next match against his former club Fulham, with a second yellow card. It was a silly mistake.

Millwall v Fulham, Sat, 3pm.

We got a 4-0 win but played like garbage

CHARLTON

Manager says performance not good enough

Rob.Virtue
@wharf.co.uk

Bob Peeters has shown he's a hard man to please after bemoaning "a lot of garbage" despite a comfortable 4-0 victory over Colchester in the Capital One Cup.

The Charlton boss was pleased with his side's performance overall but urged more from his side in future.

He said: "In the first half we played some good football but not enough to create chances.

"In second we needed to keep composure and be more reliable on the ball. We scored some good goals but there was a lot of what I'll call garbage in our game. We need to do better against a top team in the Championship because otherwise they will punish us."

GETTY

Tough talking: Peeters says Charlton must play better

Two goals from Lawrie Wilson and one each for Yoni Buyens and Simon Church gave Charlton victory.

Peeters praised Wilson, who was left out of the first team in the draw against Brentford, and also lauded right-back debutant Joe Gomez.

Peeters said: "Joe is going to be a very good player and showed me he needs to be in the squad. At 17, he kept composure and defended very well.

"Lawrie we know has qualities. He scored two good goals and was very reliable. It gives me options. But we shouldn't be overwhelmed. It was only a game and Saturday is Wigan, a big match."

Charlton v Wigan, Sat, 3pm.

Drew signing is real dream

BASKETBALL Stratford's London Lions have made a huge signing with Great Britain captain Drew Sullivan joining the side.

The Copper Box-based basketball team announced the deal following lengthy negotiations.

The 6ft 8ins forward, signed from Leicester Riders, was most valuable player in the league last season with an average of 15 points per game.

Sullivan said: "Anyone that knows me knows I'm proud of being a Londoner. To have the chance to represent my home town team is honestly a dream come true."

WEEKEND FLUTTER WITH THE RACING POST

RACING

■ The feature race of the weekend is the Hungerford Stakes at Newbury. **Chil The Kite** is chosen to continue his recent good form and take the spoils. Two runs back he won a competitive race over course and distance and on his last run, ran a fantastic race to finish second at Royal Ascot over a mile.
Joe Pollak

FOOTBALL

■ Outside of the top six clubs, there are few more daunting away assignments than a trip to **Stoke** and Aston Villa look ill-prepared for the game. The Potters are targeting another top half finish and will appreciate playing a Villa side weakened by the absence of injured striker Christian Benteke.
Dan Childs

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

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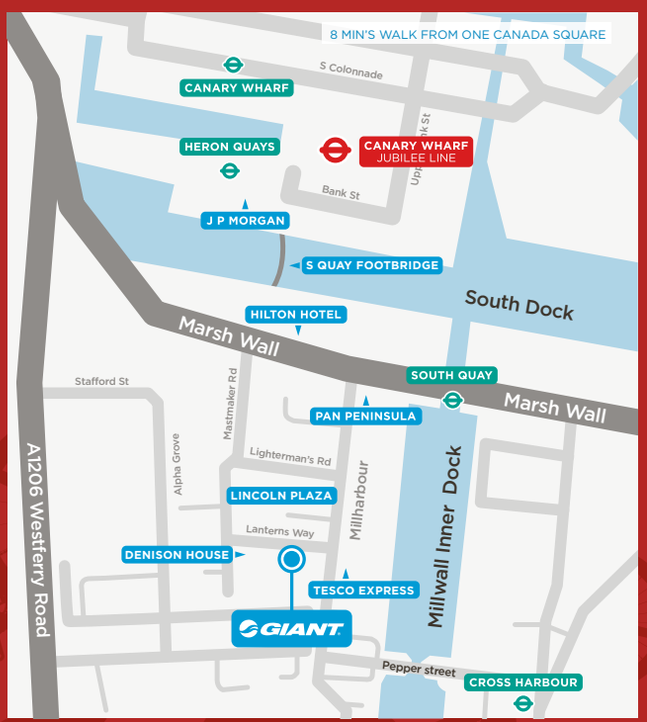

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